



IMPORTANT NUMBERS

Know someone who wants to quit smoking, dipping, or chewing tobacco? Is having a baby? Is stressed over family and job demands?

Here are some phone numbers to resources that can help:

Quit Tobacco:

Quit For Life
1-800-456-2345

Pregnancy:

COVA Care Future Moms:
1-800-345-1234

COVA Connect Partners in Pregnancy:
1-866-239-0618

Employee Assistance:
www.dhrm.virginia.gov
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Inside CommonHealth

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IT'S YOUR MOVE



STEPS TO DEFEAT DIABETES

It's Your Move Steps to Defeat Diabetes

Many adults have diabetes and don't even know it. What used to be called Adult Onset Diabetes is now frequently diagnosed in children. Diabetes can cause kidney failure, blindness, and even the loss of a limb. People with diabetes are also more likely to suffer a heart attack or stroke. The sad truth is that diabetes affects the health of every system in the body. But, it doesn't have to be that way. You can take steps to defeat diabetes! CommonHealth wants you to do just that by providing the information and tools you need to take action to manage diabetes and its risk factors.

With ***It's Your Move***, CommonHealth will provide information and ideas for simple actions you can take to lower your risk or better manage Type 2 Diabetes. You will be encouraged to know your numbers: your blood sugar, cholesterol, body mass index, and blood pressure levels, and how they affect your risk. Simple nutrition messages will demystify meal planning, counting carbs, glycemic index and weight loss. Finally, you are encouraged to literally take steps to defeat diabetes by exercising more and sitting less. You can become a healthier you, you can beat, manage and defeat diabetes.

It's Your Move: Steps to Defeat Diabetes will be available July 1 – October 31, 2012. Contact your CommonHealth Regional Coordinator today to schedule. Program participants will receive a pedometer, while supplies last. Earn prize drawing entries each week you participate in the **Make Your Move Step Challenge** Sept. 10 – October 21, 2012. CommonHealth prize packs will be drawn from each region at the end of the challenge.

It's Your Move...what changes will you make?

Let CommonHealth help you and your family take charge to prevent, manage, and defeat diabetes! Be sure to host our upcoming program at your site!

The CommonHealth Lighten Up Challenge

Congratulations to all of the 991 Commonwealth of Virginia employees who participated in the CommonHealth Lighten Up 2012 Challenge. Together, they lost over 4,150 pounds! This effort resulted in better health overall for the participants and smaller waist lines. Team results can be viewed at the following link:

<http://registration.dhrm.virginia.gov/lightenup/weightresults.aspx>



Just because the challenge has ended doesn't mean that the weight loss efforts have to stop. CommonHealth encourages all Commonwealth employees and their families to enjoy more fruits and vegetables this summer season and keep on Lightening Up!

Inside CommonHealth



A September to September with Our CommonHealth Step Challenge

September and October are fabulous months to get the outdoor exercising into your routine! The weather is optimal and it is light enough before and after work to fit in a walk. CommonHealth challenges YOU and YOUR STAFF to get your walk on—September 10 through October 21! The more weeks you participate, the more likely you will be to win a prize from your region!

America on the Move, an evidence-based nonprofit organization whose mission is to improve health and quality of life by promoting healthful eating and active living among individuals, families, communities, and society, considers the month of September a month-long celebration inviting people to become more active and eat more healthfully. Take it as a call to action—make a move to move a little more and eat more purposefully—eat to live not live to eat!

Congratulations to Our Wellness Champions!



The *CommonHealth Wellness Champion Award* is a chance to celebrate the many ways that we work together to create a healthy workplace environment. We received hundreds of nominations, but Charlene Watkins, Supreme Court of VA, and Wendy Baker, Department of Housing & Community Development, have been selected as our winners for this quarter. Not only has Charlene lost 90 pounds and modeled a healthier lifestyle for her family, she influences others as a fitness instructor! Wendy has lost 100 pounds and has brought Weight Watchers to her agency as well as encouraging others to join her in exercise opportunities. Congratulations to these women, who model healthy lifestyles, made significant changes in health behaviors, and motivate others to make health improvements.

Nominees for next quarter are currently being accepted. For details and to submit your nomination today, visit our website (<http://www.commonhealth.virginia.gov/wellnesschamp.htm>).



Have a Health Screening and Check Your Numbers

If you have not had a health screening at your agency in two years, now is the time! Research shows how important it is to stay aware of your health, and the best way to do that is to have a check up or have the basics screened on a regular basis. You can do this right there at your agency and make it easy and convenient for your staff. Free, onsite screenings include: height, weight, body mass index, blood pressure, cholesterol, blood glucose, and a diabetes risk assessment. It is simple to arrange, but it does require 30-days notice, so contact your Regional Coordinator today to yours scheduled!

Program Notes

We are very excited to bring *It's Your Move* to every agency! You may notice some changes during this program: simple, direct messages aimed at encouraging some action to prevent or manage diabetes, videos and posters as weekly e-mails, and (due to popular demand) a continuation of recipes as weekly e-mails at times during the program term (though not every week). We hope you will enjoy the fresh feel of CommonHealth. Help your staff get started by offering a health screening (if it is due), promoting the upcoming challenge, and of course, hosting the *It's Your Move* program.

The CommonHealth Team

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